



VOL. XXXVIII NO 6

BROADMEAD, COCKEYSVILLE, MD

February, 2016

Marketing Reports...

Occupancy jumps to 94.8 %; 97.2 % reserved

**Increase from 86.4% last year
No more rentals to be allowed
Waiting/prospect lists explained
New contract offerings awaited**

By Marcia Reinke

The efforts of Kristy Krueger and the three members of her Marketing team have increased Broadmead occupancy to 94.8 per cent, up from 86.4 per cent just two years ago.

At press time, moreover, Broadmead was 97.2 per cent reserved and the nine rentals allowed by the Department on Aging (DOA) are about to be discontinued as new rentals are not allowed once occupancy reaches 95 per cent.

Those currently renting may stay for the remainder of their four-year leases, at which time they must either become permanent residents or vacate their rental units.

Now available are three one-bedroom-den homes, two with one bedroom, and two studios. No two-bedroom, two-bath homes are available and Cluster W is full with a wait list. K-13, L-13 and P-11 have been staged as models. High occupancy may result in Marketing's visitors being put up in Stony Run.

The proposed new contracts, revisions to Type A and a new Type C, are again under review by the DOA. Following a previous submission, several issues were reviewed internally and with legal counsel.

The current priority (or waiting) list requires a deposit of \$5,300 of which \$300 is a non-refundable processing fee. Clients are

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Reviewing the latest occupancy rates are Marketing Department members Alycia Edwards, Adam Brown, Laurie DeLucia, and Vice President of Sales and Marketing Kristy Krueger. Photo by Jackie Mintz

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***Masthead: Perimeter Road and Lake
Maybe after the storm.*** Photo by Erroll Hay

More storm photos on pages 13, 16 and 20.

Marketing.... from page one

encouraged to complete a financial screening at the time they get on the priority list. The medical evaluation is done when they actually select a home and apply for residency. Priority listings expire in three years. Another list involves the wait for a specific type home.

Marketing also maintains a list of prospects who have expressed an interest but have not made a deposit.

Entrance fees now range from \$106,379 for a studio to \$419,232 for one of the larger homes in Cluster W. For a second person in any size unit \$39,923 is added

. Monthly fees range from \$3,238 in the smallest units to \$6,801 in the largest. The second person monthly fee is \$1,943 regardless of unit size.

Broadmead provides help for those who have not sold their homes by allowing an incremental two-percent monthly payment of the entrance fee. Full payment is expected in one year.

Current residents may change to one of the new Type A contracts (which for a reduced fee will provide fewer amenities) or to an essentially fee-for-service Type C contract, but Marketing is not expecting many will change.

"Broadmead is the only CCRC I know of that has a Type A contract as extensive and inclusive as ours," Kristy said.

She is prepared to field questions from residents seriously interested in a change but not with idle curiosity. She warned that each case would be different as deposits, monthly fees and services would be examined and Broadmead's attorney would need to be involved.

She also noted that contract decisions may depend on the existence, or not, of long-term care insurance policies and their specific provisions. "It's not up to the Marketing Department, but to insurance agents or lawyers to interpret these policies," she said.

Lack of inventory does not mean the Marketing Department can relax or shut down. As soon as the plans for the two new multi-level buildings, tentatively named the Hillside Homes, are approved for pre-sale, Kristy and her team are expecting to be very, very busy.

Alphabet stymies proposed new building names

By Marcia Reinke

It turns out that the names proposed by the Marketing Advisory Committee for the two new mid-rise apartment buildings won't do.

They both begin with a T.

Following an agreement that the two buildings together be called the Hillside Homes, the committee decided on two Maryland Quaker names for the individual buildings, Tyson and Townsend.

But Broadmead already has Taylor.

"We are going to have to expand beyond this area in order to settle on two names that don't begin with a letter already affiliated with a lettered cluster or the letters used for Taylor, Hallowell and Stony Run," Marketing Director Kristy Krueger announced.

Mailbox problems, it's presumed.

So that leaves I, O, U, V, X, Y and Z.

The committee will revisit the issue this month.

Hallowell and Taylor Events

Mardi Gras Themed Birthday Party

Wednesday, February 10 - 3 p.m.

Hallowell Garden Dining Room

Music by Dixieland Band

Ash Wednesday Service

February 10 10:30 am

Hallowell Hall

Kingsley Smith

Valentines Day Music Program

February 14 3 p.m.

Hallowell Hall

John Oliver

Music with Mookie

February 17 3 p.m.

Hallowell Garden Dining Room



Protected by boots and waterproof gear, a workman from Meadville, a mobile wetlands restoration contractor, removed the debris dam in the Western Run. Broadmead's landscaping consultant coordinated the effort with Baltimore County and the Department of Natural Resources, whose permission was required to deconstruct the build-up of trees and other woody materials. Regulations said no wood could be removed so it was cut into smaller pieces to allow better water flow. It may look dammed, but the smaller pieces will eventually flow down stream. Broadmead is authorized to maintain this area in the future. Photo by Erroll Hay

Legislative session previewed

By Elborg Forster

Issues concerning a \$500 million budget surplus, non-violent drug offenders, a law-enforcement-officers bill of rights, and a death-with-dignity bill are now facing the Maryland Legislature.

How much will get done, with a Republican governor and a legislature controlled by Democrats, is debatable. Attempts to override vetoes of 2015 legislation were to be the first order of business, said Delegate Luke Clippinger, at an Open Forum appearance last month.

Clippinger, grandson of resident Dorothy Sinclair, is a second-term Democratic delegate from the city's 46th district and an assistant states attorney in Anne Arundel County.

Among the legislative issues to be examined or reexamined are voting rights for ex-felons, the refund of fines when a defendant is found innocent, the transfer of non-violent drug offenders to treatment, and whether police disciplinary hearings should be public.



Clippinger

Clippinger reviewed proposals concerning medical marijuana, pension funding, the banning of plastic bags and, at some length, the controversial death-with-dignity (assisted suicide) legislation that was introduced but not voted on last year.

He also spoke about legislation specifically involving his district, parts of which include the city's waterfront, and areas with problems related to poverty, poor schools, drug addiction, resident-police conflicts, and lack of public transportation.

He commented optimistically on a Cherry Hill program where the work of mediators has drastically reduced violence in recent months. He supports educational centers where volunteer groups work with students who have fallen behind. He stressed the need for better public transportation, which is urgently needed if people are to have access to jobs. He said the long-term commitment of Under Armour, the huge new Amazon building, and the lively traffic in and out of Baltimore Harbor are positive signs.



2016 welcomed at gala New Year's Eve event

By Marcia Reinke

A delicious array of party food, balloons, noise makers, fancy hats; women in stylish dress and men (well, a few of them) in tuxes; dancing, resident poetry, essays and vocals; plus a new photography corner produced a happy farewell to 2015, and (at least until 10:30) a joyous welcome to the New Year.

First-time chair Howard Garber, successor to longtime organizer Jonas Rappeport, emceed the program, which included an essay on why it's great to be old, and recalled the customs and foibles of youth. There was poetry by Ruth Williams, plus memoirs and essays by Jean McGregor and Harry Butcher, who also helped with the balloons, and demolished and served the customary gingerbread house provided by his daughter Catherine. Vocals by Mary Agnes Evans and Anna Morsberger were enjoyed.



Top left, Mary Agnes Evans preparing to sing Summertime; top right, Marcia Reinke attempting a glamour pose; lower left, Barclay Johnson in holiday hat; lower right, Anna Morsberger adding her vocals to the fun. Center top is the band, dance floor and balloons; at center Lolly Farrington leading the Auld Lang Syne dance; and below, former chair Jonas Rappeport simply relaxing this year with friends.

Photos by Bernie Anderson

Music for dancing was provided by "Frank Speciale," which included many of the same musicians as previous years. Lolly Farrington led the Auld Lang Syne dance.

Bernard Queen, director of Food Service, arranged for the food and non-alcoholic drinks. (For residents it was BYOB.) Assisting from Food Service and cheerfully joining the celebration in a clock-costume was Katie Smith. Crews from Maintenance and Housekeeping also chipped in,

Taking resident photos and immediately producing them on one of *The Voice* printers were Bill and Angela Breakey. Bernie Anderson roamed the room for candids.

Renate Meise handled the table reservations and assignments. Cleanup this year was made easy when Garber asked residents to gather up the party hats, streamers and other decorations for safe backstage storage until next year.

Others assisting with arrangements in various capacities were Michael Bielefeld, Sally Bloomer, Jim Crowder, Anne Daly, Flo Dunlop, Bob Fetter, Bob and Elborg Forster, Ginny Hoefner, Ruth Martin, Duffy and Marilyn Mathias, Fred Meise, Alma Smith, Sita Smith and Kitty Stierhoff.



At right Bill Breakey is photographing Frank and Betty Iber in his special "studio" in the lounge. Photo by Marcia Reinke.



Among those photographed by the Breakeys in their portable "studio" in the lounge were from top left, Ruth Martin, Suzanne and Jim Crowder, Don Smyth and Peggy Taliaferro; and from lower left, Pearl Van Natta and her daughter Michelle, Herb Clark, and twins Gay Block and Gwyn Sirota. All those photographed were immediately provided with their color pictures thanks to a Voice printer that was moved upstairs for the event.

Resident committee seeks action on lower-level decor

By Marcia Reinke

In a letter to CEO John Howl and COO Robin Somers, resident members of the Marketing Advisory Committee have voiced “the strong opinion” that the “condition of the lower level area where guests and prospectives arrive for tours and interviews” needs attention sooner than the changes that will come with the implementation of the Master Plan.

“From a marketing perspective,” the letter says, “we see two major problems: (1) the drab decor and furniture; and (2) the lack of a person sitting at the desk.”

The committee has discussed the lower level issue at recent meetings. Photographs of the area appeared last month in *The Voice*.

People coming in on the lower level “do not know where to go nor do they feel welcomed,” the letter said. “If this is their first visit to Broadmead, they have already wondered whether this is the right door, since there is no signage outside visible from the parking area, to indicate this is a main entrance.”

“The emptiness facing them after they walk through the three sets of automatic doors just adds to the feeling that they are not in the right place.”

Asking that attention be paid to the issue as soon as possible, the committee said that a “stager rather than a designer, with the advice of a group of residents,” could spruce up the whole area with a relatively small budget.

“The need for a warm and welcoming person sitting at the desk during the weekday and weekend daytime hours is a budgetary item, we realize, but we feel strongly that it should be addressed,” the letter says.

The letter was delivered over the signature of Marketing Advisory Committee Chair Nancy-Bets Hay, following approval by the residents present at the January meeting: Cliff York, Rhett Murphy, Jim Crowder, Cynthia Ballard, Betsy Walser, Emily Mohr, Ross Jones, and Marcia Reinke.



Lenten roses bloom at D-3 before the storm

Malone sets new 2016 goals Reviews 2015 achievements

The installation of new fire alarm system upgrades on the entire campus, security upgrades including cameras at entry doors in the Center, monitoring at the entrance gate, and training security staff as first-responders are among the 2016 goals of the Environmental Services Department, outlined recently by its director Joyce Malone.

Also on her agenda are coordinating the cleanup and replanting on the green roof outside the Hallowell dining room, enhancing the area around Lake Maybe, purchasing new vehicles, developing a design for and replacement of covered walkways, and considering a live preparedness drill in cooperation with Edenwald, the Maryland Masonic Home, local fire and police.

The number of goals is surpassed only by what the Department accomplished in 2015, including upgrading the emergency response system to locate residents anywhere on campus including the trails; setting up home motion sensors to ensure daily wellness checks (now 70 percent complete); and implementing mass emergency notification.

During the past year Environmental Services eliminated the use of contractual security staff, bringing these duties back in house with 24/7 coverage by Broadmead staff; and established a true Transportation Department by hiring qualified drivers and a dispatcher.

It revamped Housekeeping to provide a more efficient program and initiated garden clean up in both the front and back of garden homes; improved snow removal by using internal staff; provided clean up of the hills and in Western Run; repaired the Summer House; renovated Holly House guest rooms; and evaluated and replaced the emergency generator system.

Writers' Group

Fridays, 4 p.m. Fireplace Room

Broadmead Antiques Road Show

Tuesday, February 9
10 a.m. to noon, Auditorium

Auctioneer Brad Dudley
will appraise up to two residents' items

Cost of Appraisal \$10 per item

All proceeds to BRA

Open to all Broadmead residents and staff

Preregistration sheet on BRA bulletin board

Women to get more locker rooms in new pool plan

By Bob Heaton

Broadmead Wellness Director Andy Switzer says that women will be pleased by the improvements in store for the fitness pool as part of the Master Plan. All locker room facilities will be enlarged, but much more for women than for men. Andy notes that had he been at Broadmead when the locker rooms were upgraded two years ago, he would have recommended that the total available changing room space at that time be reconfigured so that women would have three showers and men one. He hopes to carry that ratio forward as new space, which will include the current flower room, is engineered.

Andy says the pool will be lengthened to approximately 20 meters, or 68 feet, an increase of roughly 30 feet. That is all the enlarging that can occur without encroaching on the garden homes across the courtyard.

The pool will also be widened as much as possible toward the teaching / lifeguard side. The brick wall there is part of the center's structure, which automatically limits extensive widening.

At the same time, the five-foot depth area will be increased from its current 3' x 3' area. Also, lane markers will be painted on the floor of the pool to provide more efficiency and safety for lap swimmers. If the existing pool is drained for cleaning prior to the new construction, lane stripes will be added then, which should aid in managing congestion.

InSight, a new low vision group, debuts February 16

By Angela Breakey

How to make the best of diminishing eyesight?

That is the question to be addressed in the Taylor Great Hall on Tuesday February 16 at 3:30 p.m. when a new resident pilot low-vision group, to be known as InSight, will hold its first meeting. The guest will be Nicole Fincham.

InSight will be addressing issues big and small encountered by those whose sight is losing the clarity once taken for granted.

All can contribute to this conversation as there are many ways to make life smoother when vision becomes impaired. Sharing ways to cope and learning of current technical advances will be the goal.

Fincham, who has sight disabilities that do not prevent her independence, will share experiences with travel, communication and social action that help develop awareness of possibilities that seem to vanish as sight is failing.

The InSight group will meet monthly. Thursday, February 18 will be the snow date.

Currently serving on the pilot InSight committee are residents Lily Kouo, John McShane, Penny Partlow, Jerry and Carole Glowacki, JanYork, Jim Logie and Angela Breakey, plus lifestyle coordinator Marty Nichols.

New sound system to be installed

Auditorium and Lounge
March 7 to 11

All scheduled activities
to be rescheduled as needed

Help our new neighbors Wear Name tags

February 1, 2 and 3

No Broadmead Play Readers in February

Broadmead celebrates Kwanzaa and Martin Luther King, Jr.



Gospel Singers and speakers honor Martin Luther King, Jr.'s birthday

Gospel music and echoes from his talks combined to celebrate the birthday of Martin Luther King, Jr. in a well attended 90-minute program sponsored by the Multicultural Committee and arranged by Food Services Director Bernard Queen.



George P. Arnold

George P. Arnold, who has studied and staged many of King's major speeches, opened the program with excerpts from King's Cincinnati and Memphis talks.

Returning for the celebration were many vocalists from prior Broadmead events, all accompanied by pianist Audrey McCallum, who also was featured in two solo performances. Among the vocalists was



Vocalists Marla McKenney and Mary Agnes Evans sing traditional songs

Broadmead resident Mary Agnes Evans, singing *Summertime* and *Were You There?*

The program closed, as did the earlier Kwanzaa event, with the audience joining in the hymn, *Lift Every Voice and Sing*, often called the black national anthem.

African harvest festival is celebrated in Kwanzaa program

Kwanzaa, an African American celebration observed between December 26 and January 1, was observed at Broadmead to the sound of drums and instruments played by residents, a traditional ceremony of "Pouring Libation to the Ancestors" and several stories illustrating Kwanzaa principles.

Sponsored by the Multicultural Committee, the program was led by Gwen Marable who explained that Kwanzaa, meaning "first fruits" in Swahili, is not a religion but is modeled after African harvest festivals.

Created by Dr. Maulana Karenga, a professor at a California university in the 1960s, Kwanzaa includes a ritual of lighting a red, black or green candle each day.



Gwen Marable

Participating in the program were Janice Curtis Green, a member of the Griots' Circle of Maryland and the National Black storytellers, and her daughter Moriah. Gwen, also a Griot, recited the principles that are the focus of Kwanzaa's seven days and read a poem entitled *Why I Celebrate Kwanzaa*, composed for the occasion.



Colorful African objects adorn Kwanzaa table.



Janice Lee Curtis, left, and daughter Moriah entertain with traditional stories.

Photos by Erroll Hay

Chinese New Year Celebration

Tuesday, February 2
7 p.m. Auditorium/Lounge

Arranged by Lily Kouo and the Lifestyle Dept.

Sponsored by Multicultural Committee

Why I Celebrate Kwanzaa

I celebrate Kwanzaa because

When I was being called a little colored girl

During the Depression and Segregation

And sliding down in my seat with shame

When my white teacher

Talked about colored slaves picking cotton

When I was sitting on the train in the colored car

Being refused decent housing in Texas, NYC and Long Island

Being unable to teach at an Air Force elementary school

Because it was on Texas land

Teaching non com airmen who openly

Declared themselves Klu Klux Klansmen

Having my son called the N word.

I celebrate Kwanzaa

Because my father had a job in the post office

Sent me to college

My mother went to night school for 16 years

While she worked

To get her undergraduate degree

Took me to hear Marian Anderson and Paul Robeson

Gave me tap dance and elocution lessons

Paid for me to go with my school to the Cincinnati Symphony

Because I had the church, colored YM and YWCA

A whole Village raising and praising me.

I celebrate Kwanzaa

Because Dr. Karenga created a ceremony

Giving me and others an opportunity to stop

For a week

Look back to Africa

Look at America now

Ask, "What can I do?"

Make a choice to keep practicing Kwanzaa principles

Give our children hope for their future

I celebrate the Harvest of the First Fruits

With thanks to those who have

"brought us thus far on our way," our ancestors

Our leaders who are still

Making way out of no way.

Ashe (Amen)

By Gwen Marable, 2015

Broadmead Welcomes

Rolando Mascardo, N-1, 443-578-8248
mascardorolando@hotmail.com.

December 2015.

Rolando Mascardo was born in Manila, in the Philippines, just a year before Japan bombed Pearl Harbor. He attended elementary and high school there and then went on to college at Santo Tomas University, where he earned his medical degree. It is interesting to note that Santo Tomas was founded in 1611, 25 years before Harvard.

Rolando's two brothers had come to America before him. One was a member of the Philippine Consulate in San Francisco, and the other became an internist in Connecticut.

Rolando had intended to stay in the United States for only a year, but found that he loved it and has been here ever since.

In 1970, he began his internship at Greater Baltimore Medical Center. He then went to Sinai Hospital, where he served his residency in obstetrics/gynecology. It was there also that he met and



married Janice Fuller. The couple lived in Lutherville and started a family: Erwin, who lives in Florida; Jennifer, now in Germantown, MD; and Kathryn in Baltimore. Granddaughter Lilly is five years old.

After completing his residency, Rolando went into private practice and then joined the Kaiser Permanente organization in Lutherville. He also worked for a private company reviewing Medicare records for compliance.

Since retirement in 1995, Rolando has been able to spend more time on his hobbies of gardening and reading.

by Mary Ellen Saterlie

In Memoriam

Ann Schmitt

November 20, 1923 January 6, 2016

Randell McKechnie

February 8, 1925 January 23, 2016

Janice Fuller Mascardo, N-1, 443-578-8248, December 2015.

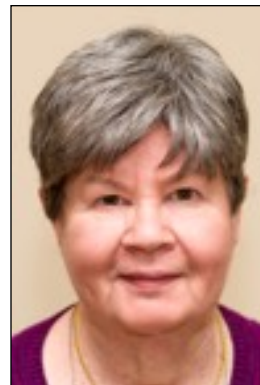
Janice Mascardo spent half a century in nursing, retiring in 2013. She trained and worked at Sinai Hospital, specializing in critical care. After 20 years of clinical nursing, she moved to CareFirst Blue Cross, where she used her expertise to help identify Medicare fraud. Later she participated in the licensing of health care facilities in the State of Maryland Office of Health Care Quality. In that role she learned that, of the retirement facilities in the area, Broadmead had only one complaint registered over a five-year period. That was one of the reasons she and husband Rolando chose to retire to Broadmead.

Janice was born in Jeffersonville, IN, close to the border city of Louisville. She was one of 10 children in her family. After her mother was killed in an automobile accident, she joined her father, who was a comptroller in the U. S. State Department. He was assigned to Haiti and Nicaragua, and Janice went there for part of her high school education. When the family returned to Washington, D.C., she completed high school at Montgomery Blair in Silver Spring.

Janice met her husband, Rolando, during his residency at Sinai, and they were married in 1975. The Mascardos moved to Mays Chapel, Timonium, in 1984, where they spent the past 31 years.

Among her many interests, Janice especially likes reading and counted cross stitch.

by Mary Ellen Saterlie



First Monday Book Group

First Mondays 10:30 a.m., Auditorium

February 1 *All the Light We Cannot See*
by Anthony Doerr

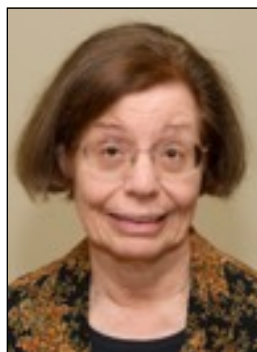
March 7 *The Boys in the Boat*
by Daniel James Brown

Books may be borrowed from the Bookmobile last Friday of the month.

Del Sweeney, L-10. 443-578-8270.
del.sweeney@yahoo.com. December 2015.
Currently still working as a technical editor for a company that produces health related reports for the federal government, Del Sweeney comes to Broadmead with a multilayered background. She has been, variously, a historian and professor, a librarian, and an academic administrator.

A native of Brooklyn, NY, Del has an undergraduate degree from Brooklyn College and a doctorate in medieval English history from Cornell University.

Committed to civil rights from an early age, Del participated in civil rights protests during the early '60s. Her first teaching job was at



Winston Salem College (now Winston Salem University), a historically black college in Winston Salem, NC. She then taught at the University of Michigan at Flint and subsequently turned to library work and academic administration. She spent the next couple of decades at Penn State, in

various positions.

In 1994, Del came to Baltimore for a job at University of Maryland Baltimore, where she worked until 2002. She married her husband, Ed Hirschmann, in 2001. She has volunteered as a teacher in the GED program at South Baltimore Learning Center. Del is interested in the work of the Multicultural Committee. She has also indicated her interest in working on *The Voice*.

Del has a daughter, Anna, whose husband is in Foreign Service, and lives in D.C. when not abroad. Del has one grandchild.

by Jackie Mintz

Newly Arrived Residents

Richard and Denise Love	K-15
Carolyn Berry	G-2
Ellen Roberts	B-17
Amy Schwartz	L-5

Ed Hirschmann, L-10. 443-578-8270.
eahirschmann@yahoo.com. December 2015.

Building on a childhood interest, Ed Hirschmann has been seriously studying India since 1965, when he spent a year in Bombay (now Mumbai) as a Fulbright scholar. Having been a reporter for the *Harrisburg Patriot*, he studied how the five leading daily newspapers of Bombay functioned.

From there he went to graduate school at the University of Wisconsin, where he wrote a thesis on a crisis in the 1880s over the jurisdiction of Indian courts over British subjects, a crisis that eventually led to the formation of the Indian National Congress Party.

Ed taught history at Towson University for 33 years, retiring in 2002 to finish a biography of a pioneering newspaper man in India. Since the publication of that book, he has been working on another biography, on Lord Lytton, a leading figure in the Disraeli period.

Among other activities, Ed was active in the American Association of University Professors, serving as chair of the Maryland State conference.

Before becoming a historian, Ed worked as a reporter for nine years, including three years at the *Baltimore Evening Sun*.

Ed married his wife, Del Sweeney, in 2001. They lived in Mt. Washington before moving to Broadmead.

by Jackie Mintz



Welcomes continues on page12

Broadmead Residents Association Concert Series

Wednesday, February 3
7 p.m. Lounge/Auditorium

Mark Edwards and Zane Forshee
Duo Guitarists

Welcomes from Page 11

Raymond Ellsworth Lund, J-10.
443-578-8255. January 2016.

An associate professor of Pathology at the Johns Hopkins School of Medicine, Ray Lund was known for the art and precision of his work as a medical photographer in the field of pathology.

A native of Overlea, Ray (aka Pete) married Sandra Waitz, also from Overlea. Ray attended Montgomery Junior College and the University of Maryland. He spent four years in the United States Navy as a medical corpsman.

After service in the navy, Ray took medical photography training at Johns Hopkins. He then managed four pathology laboratories where he did photomicrography, preparing photography for publication. He attended and chaired numerous United States and international meetings on medical photography, art, and television. He also participated in meetings of the Association of Bio-Medical Photography.



It was such meetings that enabled the Lunds to travel widely.

Among the countries they visited were Germany, Scotland, Ireland, South Africa, Australia, New Zealand, and Japan. They also traveled throughout the United States from Florida to Alaska and across the country from the east to the west coast.

Ray retired in 2000. He looks forward to continuing his hobbies of woodworking and, to the extent possible, gardening. He has also looked into the camera club.

by Mary Ellen Saterlie

Camera Club

Monday, February 15
10:00 a.m. Fireplace Room

Sandra Waitz Lund, J-10. 443-578-8255.
sandrajlund@comcast.net. January 2016.

Sandra Lund spent a quarter of a century as a secretary and administrative assistant in the Department of Endocrine Oncology at the Johns Hopkins School of Medicine. Her responsibilities included the preparation of grant proposals and other administrative aspects of research in Oncology under the direction of Dr. Stephen Baylin. Prior to that, she worked in the Department of Physical Therapy at the University of Maryland.

Born and raised in Overlea, Sandra graduated from Parkville High School. She then attended Adult Education classes and obtained the background needed for work in secretarial positions. She retired in 1999.

In 1956, Sandra married Raymond Lund, a long time neighbor. They have two children, Stacy and Kirk, and two grandchildren. The grandchildren, Max and Megan Levy, attend Friends School and McDonough, respectively. Sandra and Ray moved to Kingsville in 1990 and lived there until they came to Broadmead

Sandra spent ten years volunteering with their family dogs – specifically, two poodles - in the Pets-on-Wheels program, primarily in a nursing home near Franklin Square Hospital. Her hobbies are knitting and participation in book clubs. She also does water color painting.

by Mary Ellen Saterlie



***On behalf of
the Residents Association,
The Voice thanks
the Broadmead staff
for its dedicated efforts
during the blizzard***

See opposite page

Environmental Services handle record 36-inch snow storm 47 staffers stay overnight

By Jackie Mintz and Marcia Reinke

Sixty members of the Broadmead staff (including 47 who stayed over night) provided uninterrupted round-the-clock nursing care, prepared and delivered meals, shoveled walks and generally took care of residents as Winter Storm Jonas dumped some 35 inches of snow on Cockeysville last weekend.

Thanks to warnings from the U.S. Weather Service to expect the record snow, Broadmead was prepared. Faced with deteriorating road conditions and the closure of the light rail, the administration called meetings to determine staffing and other emergency needs.

Air mattresses and cots were unearthed and set up in Holly House, in Stony Run, in administration offices and conference rooms, the marketing suite, the Fireplace and Seminar Rooms, the Lifestyle office, the laundry, the Friends Circle Office...just about anywhere space could be found.

Housekeeping provided sheets, blankets, pillows and each pillow with a chocolate bar, and was continuing its work well into Sunday to dismantle and clean up. The laundry worked overtime to dry out the gear of those who were clearing the roadways and walks. Brickman, the contractor who handles landscaping, was engaged to handle the heavy work with snowblowers and plows.

The Holly Terrace dining room and the Magnolia Room were closed while the Arbor Cafe worked overtime. Over 60 meals were delivered to persons not wanting to walk to the Center.

Environmental Services got out three alerts to residents via email, the in-house television, and the lobby boxes, warning them to "refrain from outside excursions," to get out the candles and flashlights, to activate their pull cords or pendants and to come to the Center in the event of power loss. There was, however, no power loss and the Center's generator was not needed.



Above, photographs by Bill Breakey of Broadmead snowscapes along the perimeter road and behind Cluster M.

Below left, overnight staff beds, with Snickers bars on pillows, in Paperback Room, Seminar and Fireplace Rooms.

Below, photograph by Erroll Hay of Cluster D courtyard at night.



Broadmead Briefs...

Country Store Manager Cynthia Ballard has announced that she will convene a small group to discuss the future of the Country Store, especially in regard to the store's move to the lower level some time after December, 2017. Meanwhile **additional cashiers** are needed. Those willing to serve may call **Bobbie Siebens** at 410-527-0284 or **Cynthia** at 443-578-8291 for information and about training.

The Residents Association **Nominating Committee** is about to develop a slate for the June elections to the BRA Executive Committee and is seeking recommendations from residents. Those with names to propose are urged to contact one of the nominating committee members. Continuing members are **June Gee, Joyce Gilley** and **Betsy Walser**. Recently appointed members are **Florence Platt** and **Kitty Stierhoff**.

In preparation for 2016-17 the Broadmead Residents Association is seeking names of **persons who would like to serve on the Standing Committees:** Budget and Finance, Building and Grounds, Food Service, Health Care, Housekeeping and Information Technology. The committees meet monthly to discuss resident concerns or suggestions. The term of service is one year, but by agreement of the chair and the resident, a term may be extended for two more years. Diversity and who best serves committee needs will determine selections. Sign-up sheets are being posted. Selections will be announced before July 1.

The **Broadmead Journal of Poetry and Prose** is now accepting poems and prose articles for its June, 2016, issue. Prose pieces should not exceed one-and-a-half typewritten pages. Submissions should be emailed to broadmeadjournal@gmail.com. A hard copy should also be placed in the mail box labeled "Writers Group" For additional information residents may phone David Diorio at 8441 or Flo Dunlop at 8444.

That we have talent at Broadmead has been demonstrated by the **exhibit this month in the East (OPD) Hall**, which is featuring resident art work. On display have been works by Sachiko Ono, Lucinda Shaw, John Robbins, Lynn Jones, Jackie Mintz, Judith



Hundertmark, Bobbie Siebens, Carolyn Walters, Liz Jackson, Beth Zimmerman, Alice Christensen, Sandy Butzow, Mary Ellen Saterlie, Sue Baker, Bob Heaton, Carolyn Murphy, Nancy Boyce, Edy Cleaves and Joyce Lister.

Broadmead's 2015 **Employee Service Award recipients** have been announced:
35 years: Barbara Bieckert, Brenda Evans, Robin Kelley, Marshall Roane, Jackie Stansfield; **25 years:** Barbara Alimony, Margaret Knowles, Kurt Minter, George Opfer; **15 years:** Darlene Charlton, Linda Goodwin; **10 years:** Ceola Lovelist, Emily Olandu, Dakera Shields; **5 years:** Sandra Berkley, James Dubose, Ron Gentry, Michael Gitagia, Julie Heffner, Monessa Keemer, Theresa Hilton, Adrienne Hojnowski, Sheria Jenkins, Alethea McConnell, Tammy McIntyre, Brandon Moulden, Christine Omenye, Elaine Palmer, Andrea Preton, Ann Queen, Aisha Richards.

The **Bird and Nature** group is sponsoring a talk entitled "A Naturalist Visits New Zealand" by **Bob Stanhope** on February 25 at 7 p.m. in the auditorium. Plans for the talk and future activities were made at an organizational meeting under the new leadership of **Phyllis Hoyer**. The group is concerned about bird deaths caused by the windbreaks on the walkways and is investigating the use of

different materials for these barriers. Bird and Nature will meet on second Fridays at 3 p.m. in the Seminar room. All are welcome.

Jonas Rappeport, of “Bonus from Jonas” fame, suggests that residents use humidifiers in their homes. Broadmead’s heat pumps do not humidify air, he notes. A humidifier with humidistat near a bedroom will help prevent “dry nose” and colds. For more information call Jonas at 410-527-0440.

Winners of the Marketing Committee drawing this month were **Rhett and Carolyn Murphy**.

Notes from a recent meeting of the Executive Committee say Broadmead has now spent **\$1.1 million for architectural work site consultants** and marketing brochures in connection with the Master Plan and that **the ATM Machine in the Center costs \$900 a month**.

The **annual inventory** of property owned by the Residents Association, totaling \$200,000, is covered under the Broadmead Inc. insurance umbrella.

Broadmead has engaged a **landscape architect** to prepare sketches showing access to Lake Maybe via a landscaped pathway. Suggestions will be reviewed by the Building and Grounds Committee.

A **Live Chat** option was recently added to the Broadmead website. Persons clicking on the option will reach either **Kristy Krueger** or **Alycia Edwards** in Marketing. If neither is available, the option will refer people to a registration page where they may enter information for a callback.

Moving Around Broadmead

	<i>From</i>	<i>To</i>
Marilyn Nuttle	Q-8	T-326
Rolf Finn	S-210	T-307
Adele Free	H-9	T-313



The display case is currently featuring Liz Jackson's sculptures from six continents

Photo by Erroll Hav

Broadmead to host its own Antiques Road Show

Those yearning to find out what that old antique pot, Aunt Sadie’s quilt, or Grandpa’s pocket watch may be worth are invited to dig out their treasures and bring them to the auditorium Tuesday, February 9 from 10 a.m. to noon, when Broadmead will have its own Antiques Road Show.

Arranged by Rhett Murphy, the event is designed to be fun and also to raise money for the Residents’ Association. Auctioneer Brad Dudley will give appraisals for \$10 per item, all of which goes to the BRA. There is a limit of two items per person.

Brad is not only great fun, Rhett says, but he has 25 years of experience in the auction business and has had similar appraisal events at Blakehurst and Oakcrest. Brad would prefer no jewelry unless it is an interesting piece.

To assure a spot, there will be a registration sheet on the BRA bulletin board on February 1. If there is time left at the end of the program, he will take walk-ins. The event is open to the entire Broadmead community, including staff and associates. Family members may be registered under a resident’s name.

Another Beth Steel “graduate” arrives at Broadmead

By Park Espenschade.

In a recent talk to the Saturday Men’s Social, Herb Clark spoke about his youth, military service and work experiences. Born in 1932, he grew up on the outskirts of a crossroads town near Albany, NY. In high school, Herb was a baseball player, and eventually saw one of his teammates pitch for the Pittsburgh Pirates in the World Series. He also nurtured an interest in flying, fueled by two 95-mph car rides.

Following graduation from college, Herb went to work for Bethlehem Steel for 33 years, interrupted only by military service. While there he used to buy his lunch from Duffy Mathias’ father’s sandwich truck.

In 1954, Herb was drafted into the U.S. Navy. There he experienced the usual peripatetic service existence, eventually winding up in Pensacola, FL, as an aviation student. Among other assignments, he was detailed as a duty driver and took a busload of Pentagon officers to Thunder Mountain on an evacuation drill.

Herb finally got into flight school in 1957 but did not progress to jets, because that would have entailed a six-year commitment.

Back at Beth Steel, Herb moved up the career ladder. Taking early retirement, he discovered the GI Bill would pay for flight lessons. He was soon flying again, this time for the Civil Air Patrol, doing acrobatics in a high-performance trainer that no one else had flown.

When not airborne, he worked with police departments in providing early tracking devices, did a stint with T. Rowe Price, and attended Towson University. He also acquired property in North Carolina.

He and his wife Nancy (a lifelong Quaker, who was on the search committee for the Broadmead property) were married in 1960 and have four children. His hobbies include skiing, golf and a little woodworking.

Let’s Sing

Monday, February 15 - 7 p.m.

Lounge

Everyone Welcome



Blizzard creates car “tombstones”

Photo by Erroll Hay

Daisey (sic) has had two Broadmead homes

(Editor’s note: Due to popular demand, The Voice is initiating a series of dog stories. Cat lovers in want of equal time are on our “to-do” list.)

The Pug in F-1 is enjoying her second Broadmead home. Originally a rescue dog from the Mid-Atlantic Pug Rescue Association, Daisey (that’s how she spells it) lived with resident Virginia Goodkind, who fostered Pugs needing homes.

Virginia’s co-resident Sue Schlenger told a friend about the orphaned Pug and the friend knew of two men who had already raised eight Pugs.

That’s how Daisey came to be adopted by John DePrine and Bob Gist, who on hearing about Daisey immediately contacted Virginia who told them another couple had turned her down due to her age. Daisey was 10 1/2 years old at the time. But Daisey liked Broadmead. Four years ago she moved back, with John and Bob in tow.



Photo by Sally Bloomer

BRA Health Care Lecture

Tuesday, February 16, 10:30 a.m.,

Update on Dementia and Initiatives at Broadmead

Stacey Young

Director of Lifestyle and
Dementia Programs

Tim Smith explores arias for Adventures in Learning

By Mary Ellen Saterlie

Tim Smith, music critic for the *Baltimore Sun*, regaled his Broadmead audiences last month with a four-session survey of great operatic arias and the challenges of performing them.

The series, entitled "The Art of Self-Expression," opened with Handel's operas and

the style of *bel canto* singing, and continued through the *Casta Diva* of Bellini's *Norma*.

Smith's second presentation dealt with soprano and mezzo-soprano performances with examples from Maria Callas, Beverly Sills and Lily Pons.



Tim Smith

The subtlety of Mozart and the beginning of the Verdi evolution were the focus of the third session. Topics included arias from *Macbeth* and *Othello*. The Italian tradition of *verismo* and arias from Puccini's *La Boheme* were included in the last program along with the development of the aria in 20th century opera. Carlisle Floyd's *Susannah* and several personal favorites of Tim Smith's made up the conclusion of a remarkable listening and learning experience.

The spring series of Adventures in Learning will focus on Ireland, the Emerald Isle. with lectures on the beauty of the country, its complex history, and its literature. A final session will feature Irish music.

Let's Dance

Monday, February 8, 7 p.m.
Lounge
Everyone Welcome

How to Read a Poem

Thursdays, 10 to 11:30 am
Seminar Room

InSight

Resident Program for Low Vision
Tuesday, February 16, 3:30 p.m.
Taylor Great Room

Bird and Nature Group

presents

Bob Stanhope

"A Naturalist Visits New Zealand"

Thursday, February 25, 7 p.m.

Paint and Pastels

Thursdays, 10 am to 12 noon
Lower Level Art Studio

Resident ping pong and pool tournaments to begin this month

By Bob Heaton

Wellness Director Andy Switzer hopes that large contingents of residents and associates will visit the fitness center to sign up for pool and ping pong tournaments, which will take place shortly after February 15. The signup period has been extended past the original January 22 deadline.

The formats of the events will depend mostly on how many people sign up. If the number of entrants is small, the contestants will all play each other. The champion would be the player with the best record. If the number of players is large, the events would be double-elimination, with a losers' bracket forming after the first round. It would then be possible for the winner of the losers' bracket to meet the winners' bracket winner for the championship.

A variety of pool games could be played including straight pool, eight ball, nine ball, or rotation. Andy will be guided by the preferences of the contestants. It is also possible there will be a bracket for two-player teams, again depending on the number of entrants.

Andy stresses that competition is not the primary thrust of this initiative. The purpose is to have fun, because laughter is a strong medicine.

Benefits of meditation explained, workshops initiated

The importance of meditation and mindfulness was recently stressed by both the Wellness Department, which is initiating a weekly workshop, and the residents Health Care Committee, which brought Dr. Gina Sager, an experienced meditation and yoga instructor, to speak on its benefits in reducing the burden of stress and illness.

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Interfaith Vespers

3rd Sundays 4:30 p.m., Lounge
February 21
The Rev. Ralph Cook
United Church of Christ

Bible Study

(sponsored by
Woodbrook Presbyterian Church)
Tuesdays 10 a.m. Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
2nd Wednesdays
10 a.m. Stony Run Board Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
1st Thursdays
10 a.m. Dining Room flex space

Conversations in Religion and Philosophy

(sponsored by Towson Unitarian
Universalist Church)
Thursday, February 11
10 a.m. Fireplace Room

At a special meeting to introduce the new workshop and its leader Becky Latham, Director of Wellness Andy Switzer said “meditation is a part of wellness without picking up weights.”

Observing that “Broadmead is a beautiful place to meditate,” Latham, also a yoga instructor here, is now leading workshops in the auditorium on Thursdays at 2 p.m. Noting that many people are “intimidated or uncomfortable” by the meditation process, she said it can be done anywhere, for as short a time as two minutes.



Becky Latham

“People are stressed out a lot of the time. Meditation calms the body, the mind and the breath and provides a way to let go,” she said.

Explaining that meditation history goes back 5,000 years, she noted that Transcendental Meditation became popular in this country in the 1970s. Since then studies have shown that gray matter in the brain increases among those who meditate.



Gina Sager

Sager emphasized that we must find a quiet spot within ourselves where we can concentrate on our problems one-by-one without interference from the outside. She said concentrating on the moment can be achieved via simple experiences, such as “feeling the warmth of the sun, hearing the sound of the sea or knowing that your heart is still beating.”

“Your body responds to imagined threats and tenses as if to fight back. You are the one who can recognize that there is no threat and reverse the tension,” she said.

Learning the techniques of mindfulness and meditation is not a casual undertaking. But the prize to be gained is “serenity of the heart and clarity of the mind,” she said.



Broadmead Movies

Auditorium 7 p.m.

Tuesday movies by Carol McCord
Saturday Movies by John DePrine and Bob Gist

Saturday, February 6 A Walk in the Woods

(Robert Redford, Nick Nolte) An aging travel writer decides to walk the Appalachian Trail with his long-estranged pal, a tottering, wisecracking, ex-alcoholic.

2015 R 104 minutes

Tuesday, February 9 Songcatcher

(Janet McTeer, Aidan Quinn) During a visit to her sister in Appalachia, a gifted musicologist stumbles on a treasure trove of Scots-Irish ballads that have been preserved by the local populace and are unknown to the outside world.

2000 PG 109 minutes

Saturday, February 13 New in Town

(Renee Zellweger, Harry Connick, Jr.) A highly-paid consultant is sent from her home base in Florida to a small snow-bound town in Minnesota to improve production at a local manufacturing plant.

2009 PG 96 minutes

Tuesday, February 16 Something's Gotta Give

(Jack Nicholson, Diane Keaton) Still sexy at sixty, Harry Sanborn is having the time of his life, but when he goes to the Hamptons with his girl friend and her mother arrives unexpectedly, things go awry.

2003 PG-13 126 minutes

Saturday, February 20 The Martian

(Matt Damon) Abandoned on the surface of Mars after his crew decides he perished in a dust storm, an astronaut must find a way to survive the planet's harsh environment despite having only 26 days of supplies left.

2015 PG 141 minutes

Voice of the Residents February, 2016 19

Tuesday, February 23 Suffragette

(Carey Mulligan, Helena Bonham Carter) When the peaceful protests of the Suffragettes accomplish nothing, they are driven to more radical methods of effecting change.

2015 PG-13 107 minutes

Saturday, February 27 Bridge of Spies

(Tom Hanks, Mark Rylance) At the height of the Cold War in 1960, the downing of an American spy plane and the subsequent capture of the pilot by the Soviets draws a Brooklyn attorney into the middle of an intense effort to effect the aviator's release.

2015 PG 141 minutes

Open Forum Programs for February

7 p.m. Auditorium

Thursday, February 4

Migration

Christiana Leahy, Ph.D.

Professor of Political Science
McDaniel College

Friday, February 19

The Two Koreas

Francis Grice, Ph.D.

Professor of Political Science
McDaniel College

New Residents Welcome Reception

Wednesday, February 17

7 p.m. Auditorium

Please wear Name Tags

Men's Saturday Social Hour

Auditorium/Lounge, 9:30 a.m.

February 13 and 27

Speakers to be announced

Please wear your name tag

VOICE OF THE RESIDENTS

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EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow.

All copy is subject to editing and cutting, should be typed and sent to voice@broadmeadra.org, with a hard copy in *The Voice* box in the BRA office. Style Sheets are available on request.



Broadmead after Winter Storm “Jonas”

Photo by Bill Breakey